



For Healthy Living in Eastern and Northern Maine Communities

www.WhatYouDoMatters.org



Bangor Region
Public Health & Wellness
www.WhatYouDoMatters.org
City of Bangor

November 2011



Help create a world with less cancer and more birthdays.



American Cancer Society Great American Smokeout® November 17, 2011

cancer.org/smokeout | 1.800.227.2345

November is National Lung Cancer and COPD Awareness Month.

Smoking cigarettes causes disease and can kill you.

The chemicals in tobacco smoke reach your lungs quickly when you smoke. The Surgeon General's 2010 report, [How Tobacco Smoke Causes Disease](#), shows that these same poisons also reach every organ in your body. They travel from your lungs into your blood, through blood vessels, and into tissues. **Damage begins happening right away.** And smoking longer means more damage.

Cigarettes today are more addictive than ever before and they now contain even more of the habit-forming drug, nicotine. They are made to carry the drug to your body more quickly than ever before, too. **Cigarettes are deadly.**

But you can beat addiction to tobacco!

- Ten years after you quit smoking, your risk for dying from lung cancer drops by half.
- If you quit smoking, you will breathe better.
- It will be easier for you to be active.

And . . .

there are many other benefits of quitting, at ANY age. Quitting saves lives and promotes a better quality of life for you and your family.

Help protect your family, friends and co-workers by not smoking, not allowing smoking in your home or vehicle, and expect 100% tobacco-free environments in all communities.

To read the Surgeon General's full report and its related materials, go to www.surgeongeneral.gov

Call the Maine Tobacco HelpLine for personal tobacco treatment counseling
1.800.207.1230

Check out the Partnership for a Tobacco Free Maine's new online support for quitting smoking
www.thequitlink.com

November is National Diabetes Awareness Month.

What little known health condition affects more than one in five Americans?

The answer is [metabolic syndrome](#).

Metabolic syndrome is a group of risk factors that occur together and increase the risk of *heart disease, stroke and type 2 diabetes*.

What are the signs?

Metabolic syndrome occurs if a person has three or more of these risk factors:

- Extra weight around the middle: a waistline of 40 inches or more for men and 35 inches or more for women
- High blood pressure (130/85 mmHg or higher) **or** are taking blood pressure medications
- Triglyceride (a type of fat in your bloodstream) levels above 150 mg/dL
- Fasting blood sugar (glucose) level greater than 100mg/dL **or** are taking glucose-lowering medications
- Low “good” cholesterol (HDL): Men under 40 mg/dL, women under 50 mg/dL

What happens to a person with metabolic syndrome?

- Medical problems associated with metabolic syndrome develop over time.
- Many features of metabolic syndrome are associated with “insulin resistance.” Insulin resistance means that the body does not use insulin efficiently to lower glucose and triglyceride levels.
- Consistently high levels of insulin and glucose are linked to many harmful changes to the body, including:
 - Type 2 diabetes
 - Heart disease
 - Stroke

Ways to reduce your risk!

- Lose weight if you are overweight. 7-10% of your current weight is a good goal.
- Exercise. 30 minutes of moderate-intensity physical activity (such as brisk walking) 5-7 days each week.
- Lower your cholesterol and blood pressure using weight loss, exercise, and medicines if prescribed by your doctor.

For more information, visit <http://ndep.nih.gov/>

- Every 17 seconds, someone is diagnosed with diabetes.
- It is estimated that as many as 1 in 3 American adults will have diabetes in 2050 if current trends continue.
- 1 in 3 deaths in the United States is due to heart disease.
- The 3rd leading cause of death in the United States is stroke.



Your Source for Free Diabetes Information

 A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.